



# COPD

make a *personal* commitment  
to your health

**You don't want COPD to control your life.**

**Neither do we.**

*Once you have chronic obstructive pulmonary disease (COPD), you'll never forget it. Because it affects every breath you take. That's why we designed **CIGNA Well Aware for Better Health® for COPD**. A program that gives you personalized support and a wide selection of tools. The only thing you really need to add is your personal commitment.*

**Prepare to meet the challenge.**

You're probably already receiving care for COPD through your doctor. So how does **Well Aware** support your doctor's treatment plan? For one thing, it helps you become more responsive to your own needs. Not just by knowing what to do when you are short of breath, but also by knowing more about COPD. **Well Aware** can help you identify and avoid triggers, whether they include smoke, dust or other irritants in the air. You can learn to recognize your symptoms, from coughing and wheezing to frequent bouts of breathlessness. And decide whether to contact your doctor to avoid a chest infection, COPD flare-up or emergency room visits.

Understanding health risks and your own body's stress signals is important. So **Well Aware** provides personalized support that includes educational materials to meet your needs. Like a quarterly newsletter on COPD. As well as access to health information on our website, a workbook, self-care reminders and health tips. We'll also provide program information to your doctor.

And because there's no substitute for personal contact, **Well Aware** has a team of registered nurses and other clinicians available to you by phone 7 days a week, 24 hours a day. They're here to support you. And to offer the reassuring benefit of their experience with people living with COPD.



**CIGNA**

*A Business of Caring.*



### Take control of your life.

COPD doesn't have to keep you from a fulfilling, active life. Through **Well Aware**, you'll learn to manage your condition better, take the right medications and control your symptoms. You can learn how to exercise to get stronger and breathe easier. The program also can help you reduce your risk of colds and infections. With the right plan and the right medications. So you can spend less time being a COPD patient and more time living your life.

### Our commitment.

To help us deliver high-quality service that you can rely on, the **Well Aware** for COPD program works with Healthways, Inc., the nation's largest, most experienced disease management company. With 20-plus years experience, Healthways provides services to more than one million people, and is the winner of the prestigious Comprehensive Disease Management Company Leadership award.

### Find out more.

For more information about the **Well Aware** for COPD program, call the **Well Aware** team at **1.866.797.5833**, or visit our website at [www.cigna.com/wellaware](http://www.cigna.com/wellaware).

If you have questions about your benefit plan, please call your health plan's Member Services.

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